

LCN Mission Statement: The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavor to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth. The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

LCN REORGANIZATION

by Tip Walker, on behalf of the LCN Leadership Council

The LCN Leadership Council has carefully studied the rate of growth of our organization over the past two years. We have looked at this in terms of the number of active local chapters and participants. Our numbers have remained fairly constant with little or no growth. This is despite a lot of time and effort on the part of Leadership Council members, Regional Coordinators, and Local Chapter Leaders.

A lot of our collective time and energy has gone into connecting interested individuals with local chapters. The way it has worked in the past for people in the U.S. is as follows. A person interested in connecting with a local chapter would complete an online form on the LCN page of the TMI website which would be automatically forwarded to the respective Regional Coordinator and to the LCN Leadership Council. The Regional Coordinator would then serve as an intermediary between the person making the inquiry and the Local Chapter Leader. The Local Chapter Leader would then extend an invitation to the person who had expressed an interest. In many cases the person would neither acknowledge receipt of the invitation nor attend a meeting. Because we still have relatively few chapters in the U.S., there are many instances where the Regional Coordinator would need to tell the person that there was no local chapter in their area. While all of this was going on, the LCN Leadership Council member responsible for monitoring the LCN Gmail Account would assist if at some point there was a breakdown in communication. Sometimes the elapsed time from when a person made an inquiry to when they would receive an invitation from a Chapter Leader could be a week or more. In our cyber-based world of

communication, a week is an eternity and much too long for most people to wait or maintain focus and interest.

In an effort to simplify our local chapter referral process within the U.S., the LCN Leadership Council decided to remove the Regional Coordinator tier of the LCN organization. As of August 1st of this year, if a person is interested in finding a local chapter, they can go directly to the LCN section of the TMI website by clicking on the Community tab and scrolling down to Local Chapters. After reading some background information about the LCN, they can then click on their respective Region which will take them to a page where there is a list of chapters by location, along with the name of the chapter leader and contact information. If they wish to join a chapter, they can then contact



the Chapter Leader directly. We are hoping that this more direct system will be quicker and more effective and result in more people joining existing chapters.

For those people who are not able to find a local chapter within a reasonable distance of where they live, they are invited to start their own chapter if they have completed one of the following three TMI

foundational programs: 1) *Gateway Voyage®* – residential, 2) *Two-day Outreach Excursion Workshop*, or 3) *Gateway Experience® Online Program Waves I & II*. If they have completed one of these programs, they are invited to complete a simple online form which is then forwarded to the LCN Leadership Council. A Council member will then promptly respond and begin a systematic process of working with the person to establish their own local chapter. Ongoing support and mentoring will continue to be made available to chapter leaders (new and old).

We would like to express our sincere appreciation to the following people who were serving as Regional Coordinators before the reorganization of the LCN: David Baird, Steve Winchester, Ellen Jones-Walker, Candie Sanderson, Lisa Reber, Chris Nance, Deryn

Winchester, Cindy Lyn Bartholome, Diane Dyann, Fred Rible, & Beth Haley. We would, of course, also like to express our thanks to all other individuals who served in this capacity at earlier times.

Now with the above changes fully implemented, we (the LCN Leadership Council) would like to focus our energies on providing quality support to leaders of current and future local chapters. We have developed a systematic

protocol for the establishment of new chapters which provides direct online and phone support to qualified individuals who wish to establish their own local chapters. We are also working on new ways to connect people who live in areas far removed from a local chapter. We hope to include more information about this exciting development in a future edition of *LCN Connections*. Stay tuned!

FROM THE EDITOR

Gregory Brown

Greetings to all of our friends and family from TMI and the outreach local chapters. My wife



and I had the amazing opportunity this summer to extensively study NLP, Hypnosis and Time Line Therapy®. The instructors suggested a very thought provoking interpretation of an idea from Carl Jung, M.D. They simply

used the short statement "Perception is Projection." This means that the vast majority of what we perceive in the external world is a reflection of what we think about and believe in our internal world. If you take some time and utilize this as a thought experiment, you can arrive at some very deep level self realizations. I realize in retrospect, that this is a very similar philosophy to that promoted at the TMI courses I've attended. And once you can identify some that outer "stuff" as actually being inner "stuff" it opens an entirely new world of possibilities in using the Focus Levels to purposely create inner change, in addition to bringing a lot of things back into your personal power. They suggested this as a system of thought to consider, and I share it with you because it so well meshes with the inner work we are all involved through TMI. Very Happy Holidays to you all!

The Fond du Lac Local Chapter Group has been meeting since the beginning of 2013. We are happy to say that we have only missed one month in these last few years! We meet once a month and do two meditations. Right now we are working our way through the Gateway Experience Home Series. We are starting Wave 3—Freedom. It is being well received by our group. Going through the Gateway Experience is really giving the members a feel for the program. The comments on experiences in Wave 2 were really telling. One member loved the Color Breathing very much and stated she would be using it daily! We all enjoyed the Energy Bar Tool exercise. I pointed out that these exercises are intended to give us tools for our daily lives. Use them! I find the energy bar tool one of my personal favorites.

Another thing the Fond du Lac chapter does is host one Excursion workshop each year. Our next workshop will be in October. Bob Holbrook, TMI trainer/facilitator comes up from Chicago and leads our group for two days. We average 20 people at the workshop. Bob will be guiding us in getting to know our inner selves more deeply and playing a little with remote viewing. Remote viewing was very well received at last years workshop and there were requests for more! It is very fulfilling to bring TMI to Fond du Lac in this way and I am so proud to be a part of it.

I have included a photo from one of our workshops. You can see we created some good energy.....

-Lisa Reber



PORTLAND CHAPTER UPDATE

Written by Al Parikh

Portland is the largest city in the U.S. state of Oregon. As of 2014; approximately 2,348,247 people lived in the Portland metropolitan statistical area. Its climate is marked by warm, dry summers and chilly, rainy winters. This climate is ideal for growing roses, and Portland has been called the "City of Roses" for over a century. Portland has a comprehensive public transportation system. It is a well-planned city in which transit-oriented development plays a major role. This approach, part of the new urbanism, promotes mixed-use and high-density development around light rail stops and transit centers.

There is a lot of awareness and respect for wide ranges of alternative health therapies, mystical and meditative practices, green living, etc. within the Portland Metro area. Therefore it came as a surprise to me that there wasn't a Portland chapter of The Monroe Institute when I started checking sometime in 2011. Through the LCN web page, I reached out to the Monroe Institute and asked if it would be possible for me to start a chapter. I was put in touch with

Beth Haley, Regional Coordinator for Region 10 that encompassed the entire Pacific Northwest region. Beth sent me a list of people who were either past participants in The Monroe Institute's programs or who were living in the area and had expressed an interest in joining a local group.

During the summer of 2011, five of us met in a park outside downtown Portland and decided to meet on a regular basis at one person's home to practice



Hemi-Sync exercises. We were all excited to do this work in a group setting. This is the humble beginnings of the TMI LCN Portland chapter. Since that time we have been meeting approximately once every two months. On any given meeting, we would have 3 to 5 people attending.

Fast forward to April 2016, I had received referrals of people in the area who were interested in joining our group. I had reached out to all of them and had invited them to our get-together at a friend's home. For the first time, we had 9 people attend the meeting. It was very exciting. All of us had exposure to Hemi-Sync exercises and we bonded as a group very quickly. We had very animated, honest, candid conversations surrounding OBEs, energy healing, etc. It became clear to us that we had managed to outgrow the physical space that we used earlier. It also became clear to us that audio equipment we had available was also very limited.

Somehow, we managed to squeeze in together and performed one Hemi-Sync exercise together. We then had a debriefing session that led to more sharing.

I think that April 2016 represents an evolution for the Portland chapter. I think that the chapter will continue to grow and will have active participation from its members. I also think that all members will collectively gain from group practice. I will be sure to keep the wider LCN community posted on our journeys out of the body.

A POEM FROM INDIA

Rupande Shah, LCN in Kolkata

This poem came out from Rupandee's heart after attending the Gateway Voyage:

I stepped quietly into the room
 On the thirteenth day of the rising moon !
 With my heart beating real fast
 Ready to leave behind all my past !
 Eyes sparking with excitement
 And a mind ready to get enlightenment !
 To begin my journey to lands Unknown.....
 I am so glad , I didn't have to use my phone !

Thirteen strangers in a room
 On the thirteenth day of the rising moon !
 Looking very quietly at each other
 All wanting their lives to go much further !
 As we began our very own journeys
 The room was filled with love and harmony !
 As we followed our leader so dutifully
 We saw our lives unfolding beautifully !

Six days of my life in that room
 Starting from the thirteenth day of the rising moon !
 Great mysteries unfolded each day
 The universe was showing us the way !
 As strangers got connected in an unusual bond
 Words are not enough to respond !
 Who would have known at the start
 That all of us would become voyagers by heart !

THE MYSTERY OF WORDS: THE RIBLE EFFECT

by Candice Sanderson

In June of 2016, I was at The Monroe Institute, attending the maiden voyage of program called Journeys: A Voyage to Happiness. Bob Holbrook, assisted by Patty Ray Avalon, led the group on a most divine journey to happiness. It was a fantastic program—one that I would love to attend again. One of my fellow participants was Fred Rible from California. Not only is Fred an Outreach Facilitator and a Residential Trainer for TMI, he is also a member of TMI's Board of Directors. I began reminiscing about the first time I met Fred Rible.

In March of 2011, the Local Chapter Network (LCN) held a retreat at TMI's headquarters in Virginia. Just before the retreat began, I was sitting at the table adjacent to the Fox Den at the Nancy Penn Center, speaking with many of the people who were arriving for the event. This is when I met Fred.

Fred introduced himself and asked if I was Candie Sanderson. When I replied in the affirmative, I watched him reach into his pocket for his wallet and then pull out a tattered piece of paper that he then handed to me. It seems that we both belonged to a TMI graduate internet group that often shared group meditation experiences. I was so surprised that one of my meditation experiences touched him in such a way that he printed the message and carried it with him. Here is the message in its entirety:

Meditation, Tuesday 6 January 2009
– Candie Sanderson

I go to Focus 10 and then up to Focus 12. I begin to feel the

vibrations and subtle energy changes in my body as my body begins to get lighter and lighter.

There is pressure on my right knee. A tingling, but I do not know its meaning. I find myself in Focus 15. I go to I-There and meet at the crystal. I hold hands with the others that are

there and all at once, we step into the crystal. We sink to the core of the earth where the energy of "all that is" is present. There is a pulsation and I feel my heart beginning to pulse with the vibrations of Mother Earth herself. We are all one and in tune. I say I am here to gather more information and learn. I ask what ability is there

and how can we develop it? I feel a pressure in my left temple as information begins to enter. It is a ROTE and I try to unravel it in such a way that will make sense. This is what I received:

As the universe as you see it begins to enter more and more of the shifting of energies, mankind will become more and more sensitive to her subtle changes. There will be harmony that has never been experienced before on Gaia. However, before the harmony arrives, there will be chaos as alignments and shifts occur not only in what you perceive as individual people, but with Gaia herself.

There will be a new awareness, a new ability to perceive changes in energies and energy patterns. As the human body becomes more subtle in its frequencies, the veil, as you call it, will begin to lighten and thin. Its

diaphanous texture will become alive with lights. It is as a fog, but it will be lit from both sides of the veil and will allow for more communication to transpire.

Your scientists of today will have the proof they seek. There will be an understanding born of this shift that will alleviate the fears and sorrows of those who have had loved ones cross over. There will be a dissipation of fear. The world will be filled with this light which will be filtered in through the thinning veil.

The evolution of your species will be in the direction of more highly sensitive beings. You will know that time is of your making and not real. You will sense the other lives you have participated in. You will begin to understand that all things happen at one time, not in sequential order as you have been instructed to believe.

Language via the vocal chords will become less important, for people will learn to accept the senses that they were born into this world with. You will be able to see the thoughts and feelings of others as you see their energy patterns. This, my friends, will be the ability that you will have as the evolution of your species continues.

I ask what we can do to encourage/develop these skills.

It is happening even now, whether you encourage it or not. All over the world, people are beginning to wake up and re-member who they truly are. To help this process, learn to trust what your body tells you, not your mind. Allow the truth to unfold. Do not try to do anything, but learn to let it flow and accept what you receive.

I give my thanks for the information and find myself slowly floating out from the core of the earth, back to the interior of the crystal. I send my love and thanks to all around. I find myself drifting back to C-1.

And, thus, the meditation experience ended. After reading this, seven and one-half years later, my first thought was that I needed to "clean it up" for this article, but I decided against

that. I needed to share it in its pure form. I never realized my message would make such an impact that someone would actually print it and keep it with them.

Now, let's get back to June of 2016. After seeing Fred at the Journeys program, I asked him to share his copy of the meditation with me; it was long since forgotten on my part. What he provided me is what I've shared in this article.

Reading my words from seven years ago surprised me. I would not have guessed that I was even aware of the changes in the Earth's energy field and the birthing of a new awareness both for Gaia and humanity. Again, this was in January of 2009, several years before the infamous 12-21-2012 date.

But, what is more important is the ripple effect, or to what I now refer to, in honor of Fred Rible, as the Rible Effect that our words have on others. It's interesting, even as I write this article, I have never asked Fred why he kept the message. What was it about this message that touched him in such a manner that he was compelled to print it and keep it with him?

The answer to this question is the mystery—the mystery of how we go about our lives, day to day, affecting others with our words—written or spoken. What we may think of as inconsequential may provide an answer to a question someone is seeking. The energy behind our words carries well beyond the actual words that are spoken or shared in written form. This energy is very powerful. It can be used to hurt, yet also to heal. The energy stays with the recipient via the Rible Effect field. Let us all be mindful, not only of the power of the spoken or written word, but of the powerful energy of the words that compose our thoughts.

Each human is a power source, always emitting energy through our words, thoughts, and actions. Let us be mindful of this most divine and power source within us. Let us put forth upon Gaia, the higher vibrational waves of energy that are comforting and uplifting. What you think of as an inconsequential message has the power to touch the heart of others—remember the Rible Effect!

TMI Local Chapter Network

Anyone who has completed Gateway Voyage, the two-day Excursion Workshop, or Waves I & II of the online Gateway Experience is eligible to start a Local Chapter.

If you are interested in starting a Local Chapter in your area, email us at:

tmlcnglobal@gmail.com

CCL: Certified Chapter Leader CL: Chapter Leader [international listings only]

Bold type: regional coordinators for international regions Regular type: local chapter network contact information

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International Region 7 –Australia: Australia, New Zealand, Papua New Guinea, East Timor, Solomon Islands, Vanuatu, Fiji, New Caledonia, and

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Region 7 – Midwest: regional coordinator

No Chapters

Region 8 – Rocky Mountain

Crawford, CO: Cindy Lyn Bartholome: www.cindylyn.com

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Submission Guidelines to the LCN Connections Newsletter

The TMI Local Chapter Network is here to serve and support each of you as you bring your experiences from programs into the world. We would be delighted to share experiences you find meaningful in your experiences with programs, Hemi-Sync®, or Spatial Angle Modulation™ (SAM) in the LCN Connections Newsletter. Just send your article to the editor with a brief statement giving permission for us to use it. Photos are also welcome in .jpg, .tiff, or .png format, but please enclose a signed release which includes signatures from all parties in the photograph.

We also may share information about your local workshops for the purpose of providing information. The LCN Connections Newsletter is not an advertising venue. Space limitations may prevent mentioning all local workshops.

The LCN Leadership Council and the Editor retain the right to edit any submitted material, either for content or for space considerations. Maximum article length 250 words.

Please submit all material to:
tmilcnglobal@gmail.com

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TMI Program Schedule

Full details of the residential and weekend programs held in Virginia, across the United States and around the world may be reviewed at any time on the TMI website at the following website:

<http://www.monroeinstitute.org>

Human consciousness is evolving by awakening to the discovery of the True Self. All of us are participants in this amazing journey, the next great leap for humanity. As Bob said "We are more than our physical bodies." Our connection to the universe through nonphysical dimensions demonstrates the holographic matrix of timeless information. Our marvel at the wonder of an emerging perception of reality has been dormant inside us all along in preparation for our inner discovery.

